

A Message to D.A.R.E. Families from your D.A.R.E. Officer:

Many changes are happening in our community to help control the COVID-19 outbreak. These changes affect us all, and I know that your family is working hard to follow the recommendations and guidelines from reliable resources like the Center for Disease Control (CDC) and World Health Organization (WHO).

Those recommendations have led to the closing of our school, where I teach the D.A.R.E. Curriculum to support decision-making skills for safe and healthy living. D.A.R.E. helps provide our students with the knowledge and skills to handle the risks they face in life. Right now, it is important to remember that we all have the skills necessary to make good decisions. During this challenging time, I encourage your family to:

* Rely on trusted resources for information. A few are recommended below.
* Follow recommendations for preparedness and staying safe including frequent hand washing, covering coughs and sneezes, and implementing social distancing practices.
* Use the resources below to guide family conversations about coronavirus. Students need age-appropriate information delivered in a calm manner. Routines are important to help children feel safe.

Due to the Covid-19 outbreak and your school’s closure, we will not be able to continue the D.A.R.E.

Curriculum together for now, but I am including some materials that will help your student to think about the D.A.R.E. lessons and stay safe and healthy while schools are closed.

* For Elementary-age children, please use the Family Talks activities on the following pages to engage your children in conversation about health and safety topics.
* For Middle to High-School aged students, go to https://dare.org/d-a-r-e-online-opioid-lesson/ to engage in an activity educating students about Opioids and Prescription Medication.

Please know that I am continually working to help our community respond to this situation, and I remain in service to the families in our community. I look forward to working with your student again when we return to school.

(Your Name and Agency)

Resources:

Talking to children about coronavirus (CDC):

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

Helping children understand recommendations (PBS):

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

Talking to teens about coronavirus (Harvard Health):

https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192

Social media sharing and conversations for teens (WHO):

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters